



Central Illinois Agency on Aging, Inc.

700 Hamilton Boulevard, Peoria, Illinois 61603
Telephone: (309) 674-2071, Toll Free: 1-877-777-2422
Website: <http://www.ciaoa.net>

Serving Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties

Office Hours:
Monday — Friday: 8:30 am—5:00 pm
Saturdays: Closed

2022, December Issue

SENIOR GAZETTE

Keith Rider, CMA, President/CEO
Hoangvan Dinh, B.S., Editor

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To Receive Senior Gazette, e-mail Hoangvan Dinh at hdinh@ciaoa.net



CENTRAL ILLINOIS AGENCY ON AGING, INC.

NOW HIRING

OPEN POSITION

Care Coordinator

CIAA is looking for a **Care Coordinator** at our **Mature Solutions office** in **Bartonville**.

If you know of anyone who is interested in **applying**, please come to **700 Hamilton Blvd, Peoria** to complete the employment application.

MINIMUM QUALIFICATIONS:

- ◆ Be an RN, or have a BSN, or have a BA/BS degree in social science, social work or related field. One year of program experience, which is defined as assessment, provision, and/or authorization of formal services for the elderly, may replace one year of college education up to and including four years of experience replacing a baccalaureate degree; or
- ◆ Be a LPN with one year of program experience which is defined as assessment and provision of formal services for the elderly and/or authorizing service provision.
- ◆ Be waived for persons hired/serving in this capacity prior to December 13, 1991.

JOB DESCRIPTION:

Under the direction of the Case Management Supervisor, the care coordinator is

- ◆ responsible for assessments
- ◆ case plan development
- ◆ authorization of service
- ◆ referrals, and
- ◆ maintenance of case records.

CENTRAL ILLINOIS AGENCY ON AGING, INC.

700 HAMILTON BLVD.

PEORIA, IL 61603

Telephone: 309-674-2071

Website: www.ciaoa.net





SUBARU
**share
the love**[®]
EVENT



Meals on Wheels
MEALS ON WHEELS

This holiday season, we hope you'll *Share the Love* by supporting vulnerable seniors nationwide.

**TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY,
STRUGGLING TO STAY INDEPENDENT AND HEALTHY.**



**1 IN 8 SENIORS
WAS THREATENED BY OR
EXPERIENCED HUNGER**



**1 IN 4
LIVES ALONE**



**1 IN 10
EXPERIENCED
POVERTY**

**MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS
SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.**



“I am so grateful for the volunteers – people who have it in their heart to help. They don't have to do it, but they do.”

◀ **MARTHA
MEALS ON WHEELS CLIENT**

Over the last 14 years, Subaru and its retailers have helped the Meals on Wheels network deliver **NEARLY 4 MILLION MEALS** to seniors in need across the country.

You can help that number grow. **WHEN YOU BUY OR LEASE A NEW VEHICLE** during the 2022 Subaru Share the Love[®] Event, **SUBARU OF AMERICA WILL DONATE \$250** to the purchaser's choice of participating charities from November 17, 2022 through January 3, 2023. We hope you'll choose Meals on Wheels!



LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Based on data available in 2021—Information data sources available at www.MealsOnWheelsAmerica.org/Facts

MEDICARE

OPEN ENROLLMENT

ENDS

DECEMBER 7TH

Medicare's Open Enrollment period gives people with Medicare the opportunity to make changes to their health plan or prescription drug plan, pick a Medicare Advantage plan, or return to Original Medicare (also referred to as Medicare Part A and Part B). Medicare plans can change their offerings and costs every year, and individuals' health needs can change from year-to-year, too. Visit [Medicare.gov](https://www.medicare.gov) through **December 7** to [find and compare](#) 2023 health & drug plans and make any changes.

If you decide to change plans, your new coverage will start January 1.



Medicare & You

The official U.S. government
Medicare handbook

2023



Help is available at

Central Illinois Agency on Aging, Inc.

**To make appointment,
contact us at 309-674-2071**

**Central Illinois Agency on Aging, Inc.'s
staff are trained by the
Senior Health Insurance Program
(SHIP).**



To view the
“[Medicare and You 2023](#)”
Booklet

MEDICARE

By Nancy Bell
Prescription Assistance Manager

Central Illinois Agency on Aging has many Long Term Options available for all those we serve. We can assist with all Medicare related matters, discounts on license plates, and free bus passes.

You are eligible for Medicare when you become 65 year of age and some disabled people under 65.



Medicare Has Four Parts: Part A, Part B, Part C, and Part D

Part A-

Cover inpatient hospital care

if all of the following conditions are met:

- A physician prescribes inpatient hospital care for the treat of an illness or injury
- The beneficiary requires and receives the kind of care that can be provided only in the hospital
- The hospital participating in Medicare
- Part A 80% of the hospital bill

Part B – Covers:

Physician's hospital care; Emergency hospital care; Ambulance services; Medical equipment; Medical supplies; Home health care, and other health services. The Part B beneficiary costs include monthly premiums, an annual deductible, coinsurance or copayment and excess charges.

Medicare and Part D Extra Help
Extra help is a federal program that helps pay for most of the out-of-pocket costs and subsidizes Part D premiums. You will need to apply for the extra help to see if you qualified.

Part D – Medicare

Part D is prescription drug insurance offered by insurance companies and other private companies approved by Medicare. It does not include doctor samples, discount cards, free clinics or drug discount websites. An individual's decision about Medicare prescription drug coverage will depend upon the type of prescription drug coverage a person currently has.

Part C –

Medicare Advantage plan

People with Medicare have another option on how they can receive their Medicare benefits other than through Original Medicare; this is known as Medicare Advantage plan also referred Health Maintenance Organization (HMO), Preferred Provider Organization (PPO) All Medicare Advantage plans have to cover services provided under Medicare Part A and Part B and Prescription Plans. Some plans may provide services that Medicare does not cover such as vision, hearing, dental and physical exams.

Benefit Access Program

State program for people that is 65 or older and for disabled *it is a discount on License Plates and Free Bus Pass.*

Income limits to:
\$33,562 for (ONE) person and
\$44,533 (TWO) persons

For more Assistance, Call:
Central Illinois Agency on Aging, Inc.
at (309) 674-2071.
We have staff available to answer your questions and assist with your needs.

Welcome to Medicare made for you.

Get a health plan that's made with you in mind. We partner with doctors and hospitals in our communities to offer \$0/month plans that bundle Parts A and B, along with dental, vision, hearing and prescription drug coverage. They also include wellness perks, like a fitness benefit that covers gym memberships, golf and other activities.



See our 2023 Medicare Advantage plans - costs, benefits, wellness perks and other plan details - at HealthAlliance.org/ILN23.



Or call: **(888) 382-9771 (TTY 711)**.
Available daily from 8 a.m. to 8 p.m. local time.
Voicemail is used on holidays and weekends from April 1 to September 30.

Our customer service representatives resolve 97% of issues on the first call. Bring us your questions, and we'll help you compare plan options, benefits and savings.



Health Alliance™ Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

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2023
Happy New Year

ALREADY?

Now is the time to make your plans for
New Year's Day!

Volunteer to deliver a hot
nutritious meal to
home-bound seniors



Several churches are volunteering to cook and prepare the
meals, but assistance is needed in delivering meals.



Help to make 2023 little
brighter & merrier for
some seniors.



Call Sonia at 309-674-2071 ext. 2204 to sign up or get additional information



Please help us **“Touch A Heart”**

Many times in our communities there are individuals who are forgotten during the holiday season. Central Illinois Agency on Aging, Inc. has undertaken the following efforts to bring some holiday cheer to individuals who might otherwise be overlooked.

If you would like to help CIAA **“Touch A Heart”** this holiday season by making a donation please indicate the amount of the donation. Donation amount \$_____.

Donations can be mailed to CIAA at 700 Hamilton Blvd, Peoria, IL 61603.

**To donate by credit card, please call
Susan Needham or Van Dinh
(309) 674-2071.**

Holiday Gifts for Seniors & Disabled Individuals

Gifts are provided for individuals who would otherwise not receive a gift. *Donated unwrapped gifts should be dropped off to CIAA by Friday, December 16, 2022.*



Possible Gift Suggestions

- Gift Cards to grocery stores or pharmacies
- Socks, non-skid slipper socks
- Large Print books, puzzles, calendars, playing cards, adult coloring books
- Blankets, throws, afghan, comforter
- Forever Postage Stamps & box of greeting cards
- Washcloth, hand and bath towels
- Fruit basket, candy, snacks, or hot chocolate mix
- Bed Pillows & Pillow Cases (Standard)
- Assistive Devices (Jar opener, Magnifying Glass, Reacher/Grabber, Night Lights [automatic on/off])
- Pot Holders, dish towels, Kitchen utensils with built up handles for easy use
- Personal care items (soap, shampoo, conditioner, shaving lotion, razors, deodorant, toothbrushes, lotion, tissues, and toilet paper)
- Flashlight with batteries, automatic nightlight

Socks For Seniors



Gifts of socks are provided to individuals in need. Donations should be dropped off to CIAA by **Friday, December 16, 2022.**



Grandparents Raising Grandchildren

Must RSVP by calling (309) 677-3189 by ***Friday, December 2, 2022.***

*Holiday party on **Wednesday, December 7, 2022,** for Grandparents Raising Grandchildren and Relatives as Parents program. **Each child infant—18 receives a gift.***



New Year's Day Home Delivered Meals

Home Delivered Meals are prepared and delivered to area home-bound seniors on New Year's Day, since this is a day when other programs are not providing meals.

Volunteers are always needed to help deliver meals .

*For more information on volunteering call **Sonia Townsend** at **(309) 674-2071.***





HOW TO BUY SAFE TOYS

Kids can have a lot of fun playing with their toys. However, it's important to keep in mind that safety should always come first. Each year thousands of children are injured by toys.

Read on to learn what to look for when buying toys and how a few simple ideas for safe use can often prevent injuries. It's also important to look out for button batteries or lithium coin batteries, high-powered magnets or other small objects that children might be tempted to put in their mouths, noses or ears.



Preventing injuries from toys

Most injuries from toys are minor cuts, scrapes, and bruises. However, toys can cause serious injury or even death. This happens when toys are dangerous or used in the wrong way.

10 toy buying tips

Here are tips to help you choose safe and appropriate toys for your child.

1. **Read the label.** Warning labels give important information about how to use a toy and what ages the toy is safe for. Be sure to show your child how to use the toy the right way.
2. **Think LARGE.** Make sure all toys and parts are larger than your child's mouth to prevent [choking](#).
3. **Avoid toys that shoot objects into the air.** They can cause serious [eye injuries](#) or choking.
4. **Avoid toys that are loud** to prevent damage to your child's hearing. See [10 Tips to Preserve Your Child's Hearing during the Holidays](#).
5. **Look for stuffed toys that are well made.** Make sure all the parts are on tight and seams and edges are secure. It should also be machine washable. Take off any loose ribbons or strings to avoid strangulation. Avoid toys that have small bean-like pellets or stuffing that can cause choking or suffocation if swallowed.
6. **Buy plastic toys that are sturdy.** Toys made from thin plastic may break easily into sharp pieces.
7. **Avoid toys with toxic materials** that could cause [poisoning](#). Make sure the label says "nontoxic."
8. **Avoid hobby kits and chemistry sets for any child younger than 12 years.** They can cause fires or explosions and may contain dangerous chemicals. Make sure your older child knows how to safely handle these kinds of toys.
9. **Electric toys should be "UL Approved."** Check the label to be sure.
10. **Be careful when buying crib toys.** Soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation should be kept out of the crib. Any hanging crib toy ([mobiles](#), crib gyms) should be out of your baby's reach and must be removed when your baby first begins to push up on their hands and knees, or when the baby is 5 months old—whichever comes first. These toys can strangle a baby. See [Reduce the Risk of SIDS & Suffocation](#).



RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

Each year in the United States, an estimated 58,000—80,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorder, including those who have difficulty swallowing or clearing mucus secretions

Early Symptoms of RSV

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include:

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing or difficulty breathing

Call your healthcare provider if your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Severe RSV Infection

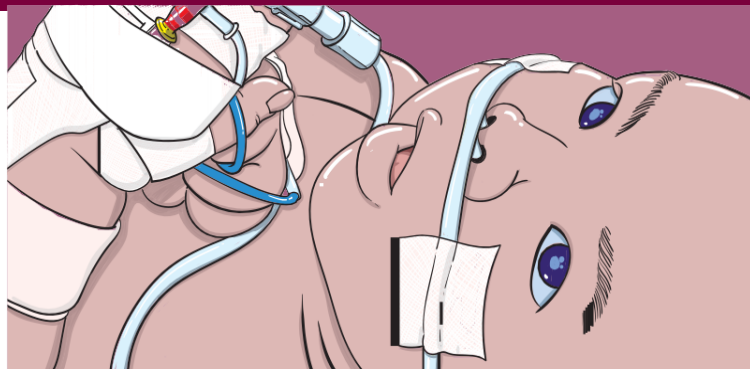
Virtually all children get a RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, coldlike illness, but it can also cause severe illness such as:

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren't eating and drinking), and/or mechanical ventilation (a machine to help with breathing). Most improve with this type of supportive care and are discharged in a few days.

Medication for Babies at High Risk

There is medicine that can help protect some babies at high risk for severe SRV disease. Healthcare providers usually give this medicine (called palivizumab) to very



premature infants and young children with certain heart and lung conditions as a series of monthly shots during RSV season. If you are concerned about your child's risk for severe RSV infection, talk to your child's healthcare provider.

RSV in Very Young Infant

Infants who get an RSV infection almost always show symptoms. This is different from adults who can have few or no symptoms with RSV infection. In very young infants (less than 6 months old), the only symptoms of RSV infection may be:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing more than 10 seconds)

What you should do if your child is at high risk for severe RSV infection

RSV season in most regions of the U.S. starts in the fall and peaks in the winter. If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick

Source: <https://www.cdc.gov/rsv/high-risk/infants-young-children.html>



Centers for Disease
Control and Prevention
National Center for Immunization
and Respiratory Diseases



Stay Safe During Winter Weather



Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

Learn the signs of, and basic treatments for, frostbite and hypothermia.



Frostbite causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Ready 



Ready.gov
An official website of the U.S. Department of Homeland Security

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed.
Turn off all light strings and decorations before leaving home or going to bed.

FACTS

- ❗ More than **one-third** of home decoration fires are started by candles.
- ❗ More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The leading information and knowledge resource
on fire, electrical and related hazards



FIGHT FLU



DON'T LET IT STOP YOU.

Every year flu puts hundreds of thousands of people in the hospital. A flu vaccine gives you extra protection to fight flu.



**TALK TO A DOCTOR OR
PHARMACIST ABOUT
GETTING A FLU SHOT.**

#FIGHT FLU



Holiday Stress? Try Top 5 Tips for a Healthy Holiday Season



If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho-ho and stay happy and healthy.

1. Keep up healthy habits.

Make a pact with yourself during the holidays. For example, decide that you'll move more and do something [active every day](#) over the next three weeks. Take it a step further, and pledge to start the day with a [healthy breakfast](#), limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.



2. Beware of seasonal sweets.

The holidays often dish up extra helpings of less-than-healthy treats. Try preparing [healthy snacks](#) that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options using our [recipes and cooking tips](#).



3. Stay active.

Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home, ride your bike around your neighborhood during a lunch break. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And [keep the family moving](#). When the kids are home from school, squeeze in some active chores and trips to the park.



4. But not too active.

Give yourself the gift of peace. If you need some down time to recharge, declare a "me-treat" and do something that relaxes you. Try [yoga, meditation](#) or [spending time in nature](#).

5. Make a plan for the new year.

Your poinsettia's pooped and the gifts are all gone. Now what? It's a great time to reset for the new year – but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a [daily walking routine](#) and sign up for a [virtual Heart Walk](#) before you set your sights on that marathon.



**American
Heart
Association.**

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE PEORIA PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*1st Monday of the month
11:00a-12:45p at the Peoria Public Library– North Branch*

- Cope with your caregiver roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always “being there”

Light snacks will be provided

BRADLEY COUNSELING RESEARCH & TRAINING CLINIC WITH THE CREVE COEUR PUBLIC LIBRARY

A chance to meet with other caregivers in your area

CAREGIVER CHAT

*Once Monthly on a Tuesday
at 5:00p-6:00p at the Creve Coeur Library*

- Cope with your caregiver roles
- Work toward social and personal growth
- Learn ideas about how to care for yourself as well as your loved one
- Learn how to be there without always "being there"

Light snacks will be provided



TAKE CHARGE OF YOUR HEALTH

We invite you to participate in this exciting interactive program!
Get support and encouragement from others living with ongoing health conditions just like you!

WHAT IS TAKE CHARGE OF YOUR HEALTH?

Take Charge of Your Health programs generally last 6 to 8 weeks. Participant and facilitators meet weekly for two and a half hours. Workshops are led by facilitators who have professional or personal experience with ongoing health conditions.

* **A Matter of Balance** is a program designed to reduce fear of falling and increase activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

* **Medication Management Improvement System (MMIS) – Home Meds** is an in-home, medication review and intervention that includes a computerized risk assessment and alert process, plus a pharmacist review and recommendation for improvement.



* **Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)** is a depression self-management program designed to detect and reduce the severity on depressive symptoms in older adults with chronic conditions and functional limitations. The program includes screening and assessment, education, referral to appropriate health professionals, and behavioral activation. The presence and severity of depression will determine the scope and duration of the program.

For more information on classes or class schedules contact us

By telephone : 309-674-2071 or

By email at ciaa@ciaoa.net

Space is limited.



Heart of Illinois



Aging & Disability Resource Network

Central Illinois Agency on Aging, Inc.

SIGN UP NOW SPACES ARE LIMITED

Learn new information and tools to help you manage your health, such as:

Participants are asked to make a personal commitment to attend all of the sessions if at possible.



Each program's researched based curriculum is proven to work and is offered to the community on a suggested donation basis to cover the cost of materials.

- * Find out how healthy eating can improve your condition
- * Create an exercise program that works for you
- * Learn ways to improve communication with your family, friends, and healthcare providers
- * Develop your own weekly goals to help you manage your condition
- * Learn problems -solving strategies to help cope with pain, fatigue and frustration
- * Gain Support and encouragement from others living with ongoing health conditions

**LEARN HOW TO THRIVE –
NOT JUST SURVIVE!**

For more information contact:

**Central Illinois
Agency on Aging, Inc.
309-674-2071 or
email ciaa@ciaoa.net**



Healthy
Living

Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint by calling Keith A. Rider, President/CEO, Central Illinois Agency on Aging, Inc. at 309-674-2071 or with the Illinois Department on Aging at 1-800-252-8966 (Voice & TDD).



“I feel lonely. Can I talk to you?”

Friendship Line 1-800-971-0016

Institute on Aging’s 24-hour toll-free accredited crisis line for persons aged 60 years of age and older, and adults living with disabilities.

The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.

Friendship Line provides round-the-clock crisis support services including:



- * **Suicide intervention;**
- * **Providing emotional support;**
- * **Elder abuse prevention and counseling;**
- * **Giving well-being checks;**
- * **Grief support through assistance and reassurance; and**
- * **Information and referrals.**

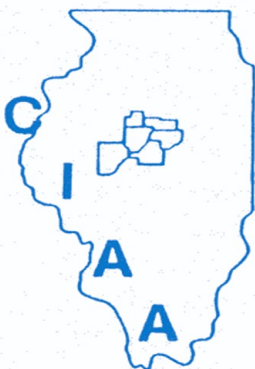
Contact:

Central Illinois Agency on Aging, Inc. for available information on services for seniors.

Phone: (309) 674-2071

Website: <http://www.ciaoa.net>

Facebook: <http://www.facebook.com/ciaoa.illinois>



*By Renee Razo, B.A., B.S., CIRS
Director of Program Management*

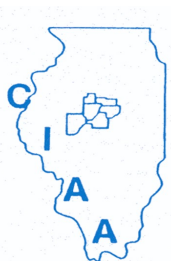


Planning a Group Trip or Outing?

**Come
Ride With Us!**

Wheelchair Accessible Vehicle Available for Group Excursions

- Wheelchair lift for our friends with mobility issues
- AM/FM/CD stereo with 4 speakers and 3 T.V. screens for pleasurable DVD viewing
- Trips to group outings/functions/ shopping, out of town (i.e. Chicago/St. Louis)
- Transportation services available any day of the week, including evenings and weekends
- We can accommodate :
 - 20 passengers without wheelchairs
 - 18 passengers with 1 wheelchair
 - 16 passengers with 2 wheelchairs



For more information contact:

Robert Sea, Transportation Program Manager
700 Hamilton Blvd.
Peoria, IL 61603
P: (309) 674-2071
Email: Rsea@ciaoa.net

FRAUD ALERT

ILLINOIS SENIOR MEDICARE PATROL



Places to Go ... Things to See

To see what's happening in Peoria,
visit these websites:

Hult Center For Healthy Living

5215 N. Knoxville Avenue
Peoria, IL 61614
692-6650
www.hulthealthy.org

The Peoria Playhouse Children's Museum

2218 N. Prospect Road
Peoria, IL 61603
323-6900
www.peoriaplayhouse.org

Peoria Riverfront Museum

222 S.W. Washington St.
Peoria, IL 61602
686-7000
www.peoriariverfrontmuseum.org

Peoria Park District

Luthy Botanical Gardens—
Owens Center
Forest Park Nature Center
2218 N. Prospect Road
Peoria, IL 61603
682-1200
www.peoriaparks.org

RiverPlex Wellness & Recreation Center

600 NE Water Street
Peoria, IL 61603
282-1700
www.riverplex.org

Central Illinois Agency on Aging is now on Facebook and our fan base is on an upward trend. CIAA wants Facebook to be a place where our fans/those we serve and those interested in what we do as an agency can come to find information and updates that pertains to those that visit our page or for those wanting to know more about our services and programs. CIAA also wants to know what you/our fans would like to know more about. ? Please email ciaa@ciao.net with your thoughts/ideas. Thanks to all of our fans and continue to let others know about CIAA's Facebook page and all that CIAA does.



Avoid Scams During the Holidays

With the holiday season in full swing, the Illinois SMP is here to give some tips so you can avoid getting scammed during this winter. Scammers see this time of year as the perfect time to take advantage of shoppers. Here are some tips to help you outsmart those bah-humbug scammers and donate safely.

- **Use credit cards when purchasing gifts online.** Credit cards offer more protection than debit cards when purchasing items online. Many credit cards offer benefits, like protection for returns and purchases. If unauthorized charges pop up on your statement, you'll be able to dispute those charges just like you would if you had a charge you didn't recognize on your Medicare Summary Notice.
- **Buy Gift Cards directly from the retailer.** Be careful where you purchase your gift cards. Fraudsters have been known to tamper with the gift cards displayed in grocery stores. Your best bet is to buy gift cards directly from the retailer at their register or on their website.
- **Research charities before you donate.** During the holidays there is always the generous spirit of donating to a charity. Make sure your donation goes where you want it to, not into the hands of a scammer. If someone calls, asking you to give to a charity, don't let them rush you into making a donation. Instead, research the charity to make sure your donation counts.

As always, never give out your personal information over the phone or on the internet if you do not the person you are speaking with. If you have any questions, you can learn more from the Federal Trade Commission [here](#).



Happy Holidays



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MAY THE NEW YEAR

BRING YOU

PEACE,

JOY, AND

HAPPINESS.

HAPPY NEW YEAR

2023